



PATTY WILSON COACHING

— FREE GUIDE · WOMEN 35+

The 7-Day High-Protein *Reset*

Stop starting over. Seven days of simple, filling meals that work with your hormones, not against them.

7 days, done for you

Grocery list + prep plan

No calorie math

Created by **Coach Patty Wilson** · Scottsdale, AZ · pattywilsoncoaching.com

Hey, I'm Patty. *Let's make this the last time you start over.*

If you're 35+ and your body stopped responding the way it used to, you're not broken and you're not lazy. Your hormones changed the rules, and nobody handed you the new ones.

Here's the one that matters most: **protein**. After 35, getting enough of it is one of the biggest levers you have for holding onto muscle, steadying your energy, and taming the 3pm cravings. Most women I meet aren't eating nearly enough.

This guide fixes that for one week, so you can feel the difference before you change anything else. No calorie math, no fad rules. Just a done-for-you week of real food, about 30 minutes or less a meal.

How it works

- 01 Learn the formula**
One simple plate rule on page 3. No app, no weighing.
- 02 Shop once, prep once**
Grocery list on page 7, Meal-Prep Sunday on page 6.
- 03 Follow the week**
Seven days of meals on pages 4 and 5. Swap freely.
- 04 Check it off**
Use the tracker on page 8 and notice how you feel.



7

DAYS OF MEALS

Breakfast, lunch, dinner, and a snack, every day.

~110g

PROTEIN A DAY

Without counting a thing.

60

MINUTES OF PREP

One Sunday session covers the week.

Build every plate *the same way.*

Muscle is your metabolism's engine, and after 35 you lose it faster unless you feed it and train it. Protein protects that muscle, keeps you full for hours, and takes the edge off the cravings that wreck an afternoon. Hit your protein and half the battle is won.

30g+

PROTEIN PER MEAL

A palm-plus of meat, fish, eggs, Greek yogurt, or cottage cheese.

½ plate

VEGGIES + FIBER

Color and volume that fill you up for very few calories.

2–3 L

WATER A DAY

Keep a bottle with you. Start before your coffee.

Do that three times a day, add a protein snack, and you'll land somewhere around 100–120g of protein without counting. That's the whole game this week.

What a protein anchor *looks like*

Approximate protein per serving. Brands vary, so check your labels.

~35g

4 oz cooked chicken breast

~28g

4 oz cooked lean beef or turkey

~25g

4 oz salmon, or 1 can tuna

~25g

1 cup cottage cheese

~22g

1 cup plain Greek yogurt

~20–25g

1 scoop protein powder

1

Protein first, every meal.

Build the plate around it and the rest falls into place.

2

Don't skip. Swap.

Hate cod? Use chicken. This is a framework, not a prison.

3

Prep once, coast all week.

An hour on Sunday beats deciding at 6pm when you're starving.



COACH PATTY TIP

Eggs alone won't get you to 30g. Three eggs is about 18g, so pair them with turkey sausage, cottage cheese, or a Greek yogurt on the side.

Seven days, *done for you.*



DAY 1

~110g protein

BREAKFAST **Greek yogurt bowl:** 1 cup Greek yogurt, berries, a sprinkle of granola, chia.

LUNCH **Chicken & avocado salad:** grilled chicken, greens, avocado, olive oil + lemon.

DINNER Baked salmon, roasted broccoli, small sweet potato.

SNACK Cottage cheese + sliced peach, or a handful of almonds.

DAY 2

~115g protein

BREAKFAST **Veggie egg scramble:** 3 eggs, spinach, peppers, feta.

LUNCH **Turkey & hummus wrap:** high-protein tortilla, turkey, hummus, greens.

DINNER Lean beef stir-fry with mixed veggies over ½ cup rice.

SNACK Protein shake, or a hard-boiled egg + apple.

DAY 3

~110g protein

BREAKFAST Cottage cheese + berries + a few walnuts.

LUNCH **Big tuna salad:** tuna, Greek-yogurt dressing, cucumber, tomato, greens.

DINNER Grilled chicken thighs, cauliflower rice, green beans. **Make extra** for tomorrow.

SNACK Edamame, or a string cheese + berries.

DAY 4

~115g protein

BREAKFAST **Protein smoothie:** protein powder, spinach, ½ banana, almond milk, peanut butter.

LUNCH Leftover chicken thighs over a big salad, olive oil + vinegar.

DINNER **Shrimp fajita bowl:** shrimp, peppers, onion, black beans, salsa.

SNACK Greek yogurt + cinnamon, or turkey roll-ups.

Protein numbers are estimates for palm-plus portions (about 4-6 oz cooked meat or fish). Your exact total will vary.

Finish the week *strong.*

DAY 5

~110g protein

BREAKFAST 2 eggs + turkey sausage + sautéed spinach.

LUNCH **Chicken & quinoa bowl:** chicken, quinoa, roasted veg, tahini drizzle.

DINNER Baked cod, asparagus, small baked potato.

SNACK Cottage cheese + pineapple.

DAY 6

~115g protein

BREAKFAST **Greek-yogurt parfait:** yogurt, berries, chia, granola.

LUNCH **Big cobb salad:** chicken, egg, avocado, turkey bacon, greens.

DINNER Turkey meatballs, marinara, zucchini noodles + parmesan.

SNACK Protein shake, or jerky + fruit.

DAY 7

~110g protein

BREAKFAST Veggie omelette + a side of berries.

LUNCH **Salmon & avocado rice bowl.** Freeze an extra fillet on Day 1, or bake one fresh.

DINNER Sheet-pan chicken sausage, peppers, onions, broccoli.

SNACK Cottage cheese or Greek yogurt + a square of dark chocolate.

Swap, don't skip

Every meal is a template. Keep the protein, change the rest.

- **No fish?** Chicken, turkey, or shrimp.
- **No dairy?** Eggs, tofu, or a dairy-free protein shake.
- **No time?** Rotisserie chicken + bagged salad.
- **Eating out?** Order the protein first, then add veg.

Leftovers the plan already uses

- Day 3 chicken thighs become Day 4 lunch.
- Sunday's chicken covers your salads and bowls.
- Sunday's eggs cover snacks and the cobb salad.
- Sunday's quinoa or rice covers Days 2, 5, and 7.



COACH PATTY TIP

Cooked fish keeps about 3 to 4 days in the fridge. Cook what you'll eat soon and freeze the rest.

60 minutes, *sorted for the week.*

An hour on Sunday is the difference between a good week and a drive-thru week. Put on a podcast and knock this out.

0:00

Oven on, chicken in

Grill or bake 2 lbs of chicken. Season simply so it works in every meal.

0:05

Eggs on the stove

Hard-boil a dozen eggs. Cool them in cold water and refrigerate in the shell.

0:10

Veggies in

Roast 2 trays of veggies: broccoli, peppers, onions, zucchini.

0:15

Grains on

Cook a pot of quinoa or rice.

0:30

Portion breakfasts

Portion Greek yogurt + berries into jars for grab-and-go mornings.

0:45

Greens ready

Wash and bag your salad greens with a paper towel to keep them crisp.

0:60

Pack it up

Everything into clear containers, front and center in the fridge.



Your Sunday checklist

- ☐ Grill or bake 2 lbs of chicken
- ☐ Hard-boil a dozen eggs
- ☐ Roast 2 trays of veggies
- ☐ Cook a pot of quinoa or rice
- ☐ Portion Greek yogurt + berries
- ☐ Wash + bag your salad greens



COACH PATTY TIP

Put the prepped food at eye level and the snacks you're trying to skip in the back. What you see first is what you eat.

One trip. *Everything for the week.*

Check items off as you shop. Buy the amounts that fit your household.

Protein

- ☐ Chicken breast & thighs
- ☐ Salmon & cod fillets
- ☐ Shrimp
- ☐ Lean ground beef & ground turkey
- ☐ Turkey sausage / chicken sausage
- ☐ Deli turkey
- ☐ Turkey bacon
- ☐ Canned tuna
- ☐ Eggs (2 dozen)
- ☐ Greek yogurt (large tub)
- ☐ Cottage cheese
- ☐ Protein powder
- ☐ Jerky

Produce

- ☐ Spinach & salad greens
- ☐ Broccoli, asparagus, green beans
- ☐ Peppers & onions
- ☐ Zucchini
- ☐ Cauliflower (or riced)
- ☐ Avocados
- ☐ Berries
- ☐ Apple, peach, banana, pineapple
- ☐ Lemon, tomato, cucumber
- ☐ Sweet & regular potatoes
- ☐ Edamame

Pantry & dairy

- ☐ Quinoa & rice
- ☐ Black beans
- ☐ High-protein tortillas
- ☐ Hummus
- ☐ Olive oil & vinegar
- ☐ Tahini, salsa, marinara
- ☐ Granola, chia seeds
- ☐ Almonds, walnuts, nut butter
- ☐ Unsweetened almond milk
- ☐ String cheese
- ☐ Feta & parmesan
- ☐ Cinnamon
- ☐ Dark chocolate

Shop smarter

Frozen shrimp, salmon, and cod are often cheaper than fresh and just as good. Buy a rotisserie chicken as your backup plan.

Read the tub

Pick plain Greek yogurt and compare protein per serving. The flavored ones often have less protein and a lot more sugar.

Extras for my household:

Check it off. *Feel the difference.*

Tick a box every time you hit it. Rate your energy and cravings each evening (1 = low, 5 = high). Look for the pattern by Day 7.

DAY	30G BREAKFAST	30G LUNCH	30G DINNER	½ PLATE VEG	2-3 L WATER	MOVED TODAY	ENERGY 1-5	CRAVINGS 1-5
Day 1	☐	☐	☐	☐	☐	☐		
Day 2	☐	☐	☐	☐	☐	☐		
Day 3	☐	☐	☐	☐	☐	☐		
Day 4	☐	☐	☐	☐	☐	☐		
Day 5	☐	☐	☐	☐	☐	☐		
Day 6	☐	☐	☐	☐	☐	☐		
Day 7	☐	☐	☐	☐	☐	☐		

Your end-of-week *check-in*

The meals I'll keep on repeat:

What I'll swap next week:

When cravings hit, it was usually:

The biggest change I noticed:

Loved your week? *Let's keep going.*

Seven good days is a start. A plan built for your body, with a coach in your corner, is how it turns into a body you're proud of.

“

Patty worked with me on my nutrition during a couple of shows I competed in. When I first came to her, I had no idea on what I needed to be eating to prepare for a competition. I saw results within ONE week of being on the meal plans that Patty created for me. She is extremely knowledgeable about nutrition and how to manipulate your look with the foods you consume. Patty was a joy to work with and helped keep me motivated to stay on track with my nutrition. I highly recommend her to anyone ready to make a change, no matter if you are competing or just wanting to achieve your personal goals.

MINDY O., NUTRITION COACHING CLIENT

Book your free 15-minute call

Tell me how your week went and where you want to be in 90 days. I'll map out your best next step, no pressure.

pattywilsoncoaching.com/contact



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